

Full Report (All Nutrients) 03011, Babyfood, meat, lamb, junior

Report Date: October 26, 2015 05:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 71g
Proximates						
Water	g	79.60	21	0.500	22.57	56.52
Energy	kcal	112	--	--	32	80
Energy	kJ	468	--	--	133	332
Protein	g	15.20	19	0.100	4.31	10.79
Total lipid (fat)	g	5.20	19	0.300	1.47	3.69
Ash	g	0.90	18	0.000	0.26	0.64
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	7	19	0.000	2	5
Iron, Fe	mg	1.66	21	0.020	0.47	1.18
Magnesium, Mg	mg	10	1	--	3	7
Phosphorus, P	mg	91	1	--	26	65
Potassium, K	mg	211	14	--	60	150
Sodium, Na	mg	42	--	--	12	30
Zinc, Zn	mg	2.60	1	--	0.74	1.85
Copper, Cu	mg	0.057	--	--	0.016	0.040
Selenium, Se	µg	7.0	3	0.693	2.0	5.0
Fluoride, F ¹	µg	9.8	2	--	2.8	7.0
Vitamins						
Vitamin C, total ascorbic acid	mg	1.7	21	0.400	0.5	1.2
Thiamin	mg	0.019	24	0.000	0.005	0.013

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Riboflavin	mg	0.191	21	0.010	0.054	0.136
Niacin	mg	3.193	22	0.087	0.905	2.267
Pantothenic acid	mg	0.424	--	--	0.120	0.301
Vitamin B-6	mg	0.183	4	0.017	0.052	0.130
Folate, total	µg	2	3	0.100	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	3	0.100	1	1
Folate, DFE	µg	2	--	--	1	1
Choline, total 2	mg	54.7	7	2.779	15.5	38.8
Betaine 2	mg	6.6	7	0.560	1.9	4.7
Vitamin B-12	µg	2.27	--	--	0.64	1.61
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	8	--	--	2	6
Retinol	µg	8	--	--	2	6
Carotene, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	27	17	2.000	8	19
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.11	0.28
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0	0.1
Vitamin D	IU	4	--	--	1	3
Lipids						
Fatty acids, total saturated	g	2.560	1	--	0.726	1.818
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	1	--	0.000	0.000
10:0	g	0.010	1	--	0.003	0.007
12:0	g	0.000	1	--	0.000	0.000
14:0	g	0.120	1	--	0.034	0.085
16:0	g	1.140	1	--	0.323	0.809
18:0	g	1.090	1	--	0.309	0.774
Fatty acids, total monounsaturated	g	2.060	1	--	0.584	1.463
16:1 undifferentiated	g	0.070	1	--	0.020	0.050
18:1 undifferentiated	g	1.960	1	--	0.556	1.392

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20:1	g	0.000	1	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.220	1	--	0.062	0.156
18:2 undifferentiated	g	0.150	1	--	0.043	0.106
18:3 undifferentiated	g	0.060	1	--	0.017	0.043
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.010	1	--	0.003	0.007
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	38	--	--	11	27
Amino Acids						
Tryptophan	g	0.151	--	--	0.043	0.107
Threonine	g	0.693	--	--	0.196	0.492
Isoleucine	g	0.714	--	--	0.202	0.507
Leucine	g	1.200	--	--	0.340	0.852
Lysine	g	1.349	--	--	0.382	0.958
Methionine	g	0.476	--	--	0.135	0.338
Cystine	g	0.209	--	--	0.059	0.148
Phenylalanine	g	0.598	--	--	0.170	0.425
Tyrosine	g	0.532	--	--	0.151	0.378
Valine	g	0.770	--	--	0.218	0.547
Arginine	g	0.996	--	--	0.282	0.707
Histidine	g	0.384	--	--	0.109	0.273
Alanine	g	0.953	--	--	0.270	0.677
Aspartic acid	g	1.429	--	--	0.405	1.015
Glutamic acid	g	2.328	--	--	0.660	1.653
Glycine	g	0.885	--	--	0.251	0.628
Proline	g	0.851	--	--	0.241	0.604
Serine	g	0.583	--	--	0.165	0.414
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0

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Theobromine	mg	0	--	--	0	0

Sources of Data

¹Steven Levy **Fluoride data on infant foods and beverages**, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa

²Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 8a**, 2003 Beltsville MD